



**Department of Veterans Affairs (VA)
VA MIDWEST HEALTH CARE NETWORK
Veterans Integrated Service Network (VISN) 23
Network Update
May 2011**



www.visn23.va.gov



The public is invited to attend the eighteenth annual VA Research Day at the Minneapolis VA Medical Center on Thursday **May 5, 2011**. The event held in conjunction with National VA Research Week provides VA an opportunity for veterans to learn first-hand from scientific investigators how medical research, supported by the Department of Veterans Affairs, shapes the future of health care.

The program begins at **Noon in the Auditorium**.

The Director of the Center for Chronic Disease Outcomes Research and Director of the Brain Sciences Center will present on the following topics.

- **Hanna E. Bloomfield, MD, MPH, "If we know what to do, why is it not getting done?"**
- **Apostolos P. Georgopoulos, MD, PhD, "Brain Assessment in Health and Disease"**

To learn more about VA Research go to:
<http://www.hsrd.research.va.gov/default.cfm>



Veterans dealing with symptoms of Post Traumatic Stress Disorder (PTSD) can turn to their smart phones for help anytime with the PTSD Coach application created by the Department of Veterans Affairs (VA) and the Department of Defense.

PTSD Coach lets users track their PTSD symptoms, links them with local sources of support, provides accurate information about PTSD, and teaches helpful individualized strategies for managing PTSD symptoms at any moment. The free PTSD Coach app is now available for download from the iTunes store and will be available for Android devices by the end of the spring.

"This is a great service we are providing to Veterans, Service members, their families and friends, but it should not be seen as a replacement for traditional therapy," said VA's Under Secretary for Health Dr. Robert Petzel. "Veterans should utilize all of the benefits they have earned with their service and one of the best things about this app is it will get Veterans connected to the places that are out there to provide help."

The application is one of the first in a series of jointly designed resources by the VA National Center for PTSD and the Defense Department's National Center for Telehealth and Technology to help Service members, Veterans, their families and friends manage their readjustment challenges and get anonymous assistance.

Veterans Can Now View Their Allergy Information on My HealtheVet

Veterans can now view their allergy and adverse reaction information from their electronic VA health care record along with self-entered information on My HealtheVet. To view the information Veterans should log into their My HealtheVet account at www.myhealth.va.gov and then select Track Health from the top navigation bar and then click on Health History. To take advantage of this new feature and future enhancements, Veterans must have an upgraded My HealtheVet account. If you have not already done so, go to the Release of Information Offices at the nearest VA medical facility or contact one of the my HealtheVet Coordinator listed below.

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Minneapolis VA Health Care System Opens Two New CBOCs

In Minnesota, St. James CBOC opened April 11 and Mankato CBOC opened April 18 under management of Sterling Medical Corp. of Cincinnati, Ohio. Dedication events were held April 30. Both clinics offer primary care and mental health services. The St. James Clinic is open Mondays, Wednesdays, and Fridays from 8 a.m. to 4:30 p.m. The Mankato clinic is open Monday through Friday, 8 a.m. to 4:30 p.m.

REACHING Out to Alzheimer Families



Robin Weidberg, daughter of Navy Veteran Raymond Boop, serves him lunch of fried chicken and tea

Researchers and clinicians are preparing to deliver to thousands of Americans who have one of the most stressful and demanding jobs around. The program is called REACH, short for Resources for Enhancing Alzheimer's Caregiver Health. It's now being implemented at VA sites nationwide, with the goal of providing much-needed support for a caregiver population. The REACH effort began with two studies sponsored by the National Institute on aging and National Institute of Nursing Research and conducted by investigators with VA and several universities. The researchers tested a six-month intervention designed to ease caregiver stress. It included 12 individual sessions in the home and by telephone, complemented by 5 telephone support-group sessions. The focus is on education, support and skills-building. For more information on REACH go to

VA's web page on "REACHING Out to Alzheimer Families" at www.va.gov/health/NewsFeatures/20110501a.asp



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VA Websites Offer Calendar of Events, Weather Alerts, and Much More

For information on upcoming classes , special events, or weather related alerts, log on to your :VA Health Care System homepage.

Black Hills Health VA System (HCS) -	www.blackhills.va.gov
Central Iowa VA HCS-	www.centraliowa.va.gov
Fargo, ND VA HCS -	www.fargo.va.gov
Iowa City, Iowa VA HCS -	www.iowacity.va.gov
Minneapolis VA HCS -	www.minneapolis.va.gov
Nebraska Western Iowa VA HCS-	www.nebraska.va.gov
Sioux Falls VA HCS -	www.siouxfalls.va.gov
St. Cloud VA HCS -	www.stcloud.va.gov
Department of Veterans Affairs	www.va.gov

VA HCS– Department of Veterans Affairs Health Care System

For More information, call the Network Office at (612) 725-1968 or
Log on at www.visn23.va.gov or e-mail sharyl.schaepe@va.gov